



Class Schedule

FALL 2022

M

Spin/TRX
6:00A @HITS
Gabby

Circuit Training
6:30A @CAGE
Jeff

Rise Yoga
5:30P @Alumni
Cecily

Party Cycle
5:30P @HITS
Wendy

TU

Sunrise Cycle
6:30A @HITS
Mikela

Basic Pi/Yo
12P @HITS
Jenn

Strength Foundations
12:30P @CAGE
Jonathan

Kickboxing
5:30P @HITS
Mimi

Yin Yang Yoga
6:30P @HITS
Summer

W

Party Cycle
6:30A @HITS
Mikela

Rise Yoga
9:30A @Alumni
Summer

Circuit Training
12:30P @CAGE
Jeff

Jiu Jitsu
1:30P @HITS
Tomas

Party Cycle
5P @HITS
Wendy

Power Yoga
6P @HITS
Julia

TH

Party Cycle
6:30A @HITS
Mikela

Power Pi/Yo
11A @HITS
Jenn

Rhythm Ride
12P @HITS
Nick

Core Comp
4:30P @HITS
Dusty

Restorative Yoga
5:30P @HITS
Kat

Rhythm Ride
6:30P @HITS
Nick

F

Spin/TRX
6:00A @HITS
Gabby

Circuit Training
6:30A @CAGE
Jeff

Vinyasa Yoga
12P @HITS
Kat

Strength Foundations
12:30P @CAGE
Jonathan

SA

NO CLASSES

SU

NO CLASSES

Schedule is subject to change.

For class descriptions, announcements, and the most up to date schedule visit:

<http://community.pepperdine.edu/campusrecreation/fitness/groupexercises.htm>

- No charge for all enrolled students
- Spin classes are limited to the first 12 people
- Boxing classes limited to first 18 people
- First come first serve
- Faculty/Staff Pricing pricing:
 - Semester unlimited: \$50
 - Month unlimited: \$40
 - 5 Class Punch Card: \$25
 - 1 Day Pass: \$10

Class Locations:

- HITS (Harilela International Tennis Stadium) - fitness studio
- CAGE - outdoor workout facility (See Below)
- Alumni Park



Follow for current updates
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